

Abstract

Title: Formative influence of artistic gymnastics on girls' posture in age between 11 – 15 years old.

This diploma thesis deals with posture problems of female gymnasts in age between 11 – 15 years old, the main task concerns with posture conditions and movement apparatus. We have chosen standardized tests that deal with quality of posture according to Klein and Thomas, Mathias' test and motion tests according to Janda, Kabelikova and Vavrova as the main sources of information. We can evaluate the influence and suitability of the exercise, means and methods in the training of artistic gymnastics. The thesis tries to show the significant influence of the training load on the level of posture and movement system. The data that have been obtained are placed in relevant forms. We used quantitative approach as the main research method. Other methods like observing and describing were used to elaborate the tests' results. To complete the task we have used opinion poll. All the results were interpreted by means of comparison in Microsoft Office Word. The aim of the work is to contribute to the discussion about problems of posture in artistic gymnastics in the age group that has been mentioned above.

The results showed us that because of the specific training load in artistic gymnastics, the major load is reflected in the upper body which becomes evident in terms of larger frequency of muscles shortening and weakening. We have assembled compensatory exercises from joga which can prevent or eliminate the deviation from proper (common) posture according to recommended standards.

Keywords: artistic gymnastics, proper (common) posture, muscular dysbalance, examination of movement system, compensatory exercise